



THE SPECTRUM

WEDNESDAY, SEPTEMBER 16, 2015

"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

VOLUME 35, ISSUE 1

IN THIS Issue

3 HE SAID/ SHE SAID
Melanie and Filipe discuss
all things flavored pumpkin

4 DEAR FRESHMEN
The Perspectives Editors
share their advice for the
freshman class


7 YOGA INSTRUCTOR
Student yoga instructor
shares her personal story

8 PRESIDENT'S GALA
A look at the different stu-
dent fashions worn at the
annual event

9 TIME STANDS STILL
Preview of the Theatre Arts
Program's first production
of the year

11 READY TO RUCK
Recap of Division I Women's
Rugby's first victory


TWEETS of the Week

 **@alyson_gannon**

"Just let Nicole Byer from Girl Code
into the edgerton center, does that
make me famous yet?"

 **@leegit_**

"The freshman lanyard trend is so
real"

 **@kherm28**

"It's not even 3 weeks into senior
year and I'm already crying about
graduating ok."

"Tweets of the Week" are taken from
a public forum on Twitter. Tweets
are opinions of the individual and do
not represent the opinions of Sacred
Heart University or The Spectrum
Newspaper. If you want to see your
Tweet in the newspaper, use the
hashtag #ShuSpectrum and you
may be featured!



A "Wild" Spectrum Exclusive:

Interview with New York Times #1 Best Selling Author, Cheryl Strayed



TRACY DEER-MIREK/SACRED HEART UNIVERSITY

CHERYL STRAYED TALKS TO STUDENTS ABOUT HER BOOK.

BY EMILY ARCHACKI
Editor-in-Chief

Sacred Heart University's Edgerton Center for the Performing Arts was filled with freshman students on Sept. 9, all in attendance to hear Cheryl Strayed, author of the New York Times bestselling memoir "Wild," discuss her journey on the Pacific Crest Trail. She was the first speaker in the Student Affairs Lecture series for the 2015-2016 season.

Q: There is a quote in your book that reads, "I knew that if I allowed fear to overtake me my journey was doomed. Fear, to a great extent, is born of a story we tell ourselves, and I chose to tell myself a different story." Why did you feel the need to share your story?

A: What I realized, as a writer what I'm always doing is mining the human experience. The ones that are most accessible to me are the experiences I've had. I think what I'm

always doing when I think about any aspect of my life that I write about is, "is this a story that is going to resonate with others? Is this a story people are going to feel that they find themselves or recognize themselves in?" Once I started writing about my hike, I realized that indeed this was a story that could mean something to a lot of people. I think that the reason for that is the journey. The idea of "Wild" being about my journey, literally on the Pacific Crest Trail (PCT) but also figuratively about my emotional and spiritual journey. All of us have taken those sorts of things, even if you've never stepped foot on the PCT. What's cool is people around the world, when they talk to me about my book, people have shared with me when they themselves have gone on a journey. That's why I chose to write.

Q: "Wild" was the first selection on Oprah Winfrey's "Oprah's Book Club 2.0." How did you find out about the news and what was your initial reaction?

A: My cell phone rang and it was Oprah. Oprah had not told any of her people, or told any of my people. She just called me and said, "I absolutely love your book. I really want everyone to read it. I would like to restart my book club so that everyone will." The book had been out for about six weeks; it was already a best seller. I already thought that every dream I had for myself had come true. Then it was another couple months before she made the announcement. Once we talked she needed to get things in place. I was so excited I was just thrilled. What was funny is when she called me I just recognized her voice. It was Oprah. We met a few days later, I went to her place in Santa Barbara, Calif. She interviewed me for her show "Super Soul Sunday" on her network. I was really excited, I was really touched that this woman who I have so much respect for loved my book, and saw herself in my story.

To read more on Cheryl Strayed's lecture on her memoir "Wild," see page 8

Not So UnFOURgettable: Women's Quartet Gets Cut

BY CHRISTIAN COLON
Asst. News Editor

The Sacred Heart University women's quartet, also known as UnFOURgettable will no longer be a group on campus due to the lack of an accompanist.

"I was pulled into the choir office where I was told the only reason the quartet was going to be disbanded was because we didn't have someone to play music for us," said senior Haley Tanella, who is also a member of the Spectrum editorial board.

Tanella had been part of the group since her sophomore year. She said she had joined with the intention of being part of a smaller student group, one that sang more challenging pieces than the choir classes offered by the Sacred Heart music department.

With the start of a new academic year, the current members of UnFOURgettable were hoping to recruit two new members that would replace those that graduated this past spring. However, the resignation of Galen Tate, former quartet accompanist and adjunct professor for the College of Arts & Sciences, led the choir program to suspend the group.

"It was a pleasure coaching them. The women were very talented and would often

choose their own repertoire, which would span to just about all styles," said Tate.

Junior, Tiffanie Rodenberg, was the newest member of the quartet. Ever since she auditioned last fall, her love for the group grew.

"I loved being a member of this group. I became so close with the other three girls this past year and I owe it all to the quartet," said Rodenberg. "This group was not just about learning a few pieces, performing, and that's it. It taught me a lot about working together and ultimately blending to have a greater overall sound in the group as a whole."

The quartet was created in 2009, according to Colleen Crowley, former member of the quartet and alumna of Sacred Heart's class of 2015.

"Being a member of UnFOURgettable was one of the highlights of my college career. I greatly enjoyed the spirit of collaboration within the group, and although it was challenging to keep a student-run organization going, the creative freedom that afforded us was worth the effort," said Crowley. "It helped me rediscover the joy in music because I was rehearsing and singing how I wanted to sing."

Unlike the other vocal ensembles on

campus, the women's quartet was not a class, so they were not directly affiliated with the choral program. Crowley said they were not required to pay choir dues. Members of the quartet were not required to be participants in the choir program, although they almost always were.

Erin Dugan, member of Sacred Heart's class of 2015 and former member of UnFOURgettable, couldn't believe that the group she was in since her sophomore year had been disbanded.

"It just blows my mind since it is a student run group, we don't even need any faculty or accompanists at our rehearsals so I don't understand what the problem is. All the group needs is a pianist at the concerts," said Dugan.

Rodenberg and Tanella have been trying to bring the quartet back to campus. According to Rodenberg, the lack of an accompanist is a major issue since no one is available to oversee them.

"We are a very independent group who share a common love for music, I just hope that one day we can be back up and running again because I truly miss this close-knit group," said Rodenberg.

OFFICE 203.371.7963
ADVERTISING 203.371.7963

Comments or Concerns? EMAIL us at
SPECTRUM@SACREDHEART.EDU

Visit Us At:
www.shuspectrum.com

 SHUSpectrum
Newspaper

  @SHUSpectrum

News

“It was really sort of digitizing businesses we had when we were in college 20 years ago, and just taking it to this age. I think what makes it really unique is that it’s so fast trading.”

—Andra Newman, co-founder of QuadJobs

White House: Obama wants to admit more Syrian refugees

BY ASSOCIATED PRESS

WASHINGTON (AP) — The United States is making plans to accept 10,000 Syrian refugees in the coming budget year, a significant increase from the 1,500 people who have been cleared to resettle in the U.S. since civil war broke out in the Middle Eastern country more than four years ago, the White House said Thursday.

The White House has been under heavy pressure to do more than just provide money to help meet the humanitarian crisis in Europe. Tens of thousands of people from war-torn countries in the Middle East and Africa are risking their lives and dying en masse during desperate attempts to seek safe haven on the continent.

The refugees from Syria, however, would be people who are already in the pipeline and waiting to be let into the United States, not the thousands working their way through eastern Europe and landing in Greece. It was not immediately clear how admitting a larger number of Syrian refugees who are in the processing pipeline would help alleviate the crisis that European countries are grappling with.

White House spokesman Josh Earnest said about \$4 billion that the administration has provided to relief agencies and others is the most effective way for the U.S. to help shoulder the crisis, but that President Barack Obama has decided that admitting more Syrian refugees in the budget year that begins Oct. 1 would also help boost the U.S. response.

About 17,000 Syrians have been referred over the last few years to the U.S. for resettlement by the U.N. refugee agency. About 1,500 are in the U.S., with another 300 scheduled to be allowed in this month. That leaves about 15,000 Syrians waiting for the clearance process to conclude, according to the State Department.

Obama would like to admit 10,000 of those, according to Earnest’s announcement.

State Department spokesman John Kirby also said the 10,000 Syrians will come from the pool of 17,000 people referred to the U.S. by the U.N. agency.

Earnest said earlier this week that the administration has been looking at a “range of approaches” for assisting U.S. allies with 340,000 people freshly arrived from the Middle East, Africa and Asia. Many are fleeing parts of



AP PHOTO

A SYRIAN WOMAN CHANGES HER SON'S CLOTHES AFTER CROSSING THE SERBIAN-HUNGARIAN BORDER.

Iraq that are under the Islamic State group’s control. The 1,500 Syrians who are resettling in the U.S. represent a small percentage of the 11.6 million people who have been chased out of the country or uprooted from their homes due to the civil war in Syria.

Secretary of State John Kerry told lawmakers Wednesday that the U.S. will increase its worldwide quota for resettling refugees by 5,000, from 70,000 to 75,000 next year — and the number could still rise, according to two officials and a congressional aide who requested anonymity to discuss a private meeting.

Kerry said after meeting with Senate Judiciary Committee members that the U.S. would increase the number of refugees it is willing to accept. He did not provide a specific number.

“We are looking hard at the number that we can specifically manage with respect to the crisis in Syria and Europe,” he said Wednesday.

Germany is bracing for some 800,000 asylum seekers this year.

Democratic presidential candidate Hillary Rodham Clinton, Kerry’s predecessor at the State Department, called for an “emergency global gathering” at the U.N. General Assembly meeting this month, where countries

could pledge aid money and to accept some of the migrants.

House Minority Leader Nancy Pelosi said Thursday that the U.S. should increase the number of refugees it resettles next year by more than the 5,000 figure to help European countries, saying the figure suggested by Kerry “is far too low.” Pelosi, D-Calif., said the U.S. accepted far more refugees after the Vietnam War and could do so again.

Sen. Dick Durbin of Illinois, the No. 2 Democratic leader, said he would be surprised if Pope Francis does not raise the refugee issue when he visits separately with Obama and members of Congress in two weeks. “We should be ready to respond,” Durbin said.

Rep. Michael McCaul, R-Texas, chairman of the House Homeland Security Committee, sounded alarms about the potential for Islamic State militants to use the refugee situation to sneak operatives into the West. He also said the U.S. doesn’t have the manpower to adequately investigate the background of every Syrian who wants to come to the U.S.

Earnest said the safety and security of the U.S. and its citizens would be a top consideration when deciding which refugees are let into the country.

Online Startup Connecting College Students with Odd Jobs

Interview with Andra Newman, co-founder of QuadJobs

BY EMILY ARCHACKI
Editor-in-Chief

QuadJobs, a new online job marketplace targeted towards college students, was on campus last week in hopes of introducing students to all that their website offers. Sacred Heart University is going to be one of the company’s flagship campuses for the year. The following interview was conducted with Andra Newman, one of the three founders of QuadJobs.

Q: What is your job position and title?

A: I’m one of three co-founders of QuadJobs. It’s Betsy O’Reilly, Bridie Loverro, and myself. The best part about having three co-founders is that our skills really complement each other. My background is all in human resources and recruiting. So I handle all of the campus outreach and recruitment of students. Betsy is our CEO, she handles finance operations and definitely a lot of the employer marketing. Bridie is a published author, this is her brainchild. She handles all of the creative, and the website.

Q: What exactly is QuadJobs?

A: QuadJobs is a marketplace that connects students for flexible part-time jobs. Imagine that you’re free on Saturday for a couple of hours; you’d like to work a job. You go on QuadJobs, you build a profile and indicate the type of work you’re interested in. At that point, you’ll see the opportunity to apply for jobs that fit your schedule. You apply and if the employers choose you they ping you back. The best part is it really tracks work ethic and quantifies it so you have a track record of all the odd jobs you’ve done during college. As well, you’re able to get reviews on the site. That is a way for you as a student to quantify work ethic.

Q: How did QuadJobs get started? You mentioned before that you have three co-founders, where did the idea originate from?

A: Bridie, who is a serial entrepreneur and a true creative, attended Harvard, and at Harvard she had a tutoring business. When I was in college I had a newspaper delivery business. Betsy worked any number of odd jobs teaching piano, babysitting, etc. Now we’re all working parents living in Fairfield County and we realized there is no way to access the 30,000 college students that exist in our community. We all knew that we were dying to hire them to do any odd job but just didn’t know how to get to them. It was really sort of digitizing businesses we had when we were in college 20 years ago, and just taking it to this age. I think what makes it really unique is that it’s so fast trading. You could see a job posted today for tomorrow. That just seems to fit with the way that students work now. It’s just really evolving what has always existed as a way to hire a local students and taking it to the digital age.

Q: How can students join and are there any requirements?

A: It is free to join. It takes five minutes. Go to www.quadjobs.com, sign up by entering your .edu email address which verifies that you are a college student, and enter the zip code of your campus and local community where you want to work. Hit submit, on the next page you’ll enter your first name, last name and a password. Then go to your .edu email and activate the link that will be sent in an email. After that you build your profile, it’s like a mini-LinkedIn profile. You can include your work experience and some of the jobs you’re interested in working. Afterwards you are free to browse jobs and apply as you wish.

Q: Is there a limit to the number of jobs a student can work?

A: No. We are happy for you to QuadJob. You can work as many jobs as you want. It’s free for students. Unlike other sites like Care.com we don’t take a rake off the fee. You keep what you earn. It’s meant to connect students with flexible-part time jobs. Shortly it will be free to employers. We’re going with a freemium model. We see that this is actually greater. We started this as a business a year ago, and it’s sort of become a mission. We are on a mission to create 10,000 jobs by Christmas. That’s why we’re making the site free for employers too. We see such high liquidity. Jobs are being filled quickly, students are applying and want to work, employers want to hire them. We want to really ramp it up, just as LinkedIn did it originally or even Amazon Prime.

Q: How do local employers place their open positions on your site?

A: Employers build a profile just as students do and post. It’s really easy.

Q: Have you had any feedback from people, especially students, so far on your company? Or how people are reacting to the idea of QuadJobs?

A: We had so much feedback last year, which is why we’re sort of growing faster than we thought we would. Students love it. What we find is once students sign up, it actually takes them to work their first job and then they really realize how it works and how it fits into their life. The hurdle on both sides is just getting people to post or to do their first job. Once they do, they are hooked. We have a high retention rate. It’s really just getting them to take that first step.

Perspectives

The Great Pumpkin: Love It or Hate It?

SHE SAID

MELANIE...



I am an aggressive supporter of all things fall. While everyone spends their summers lounging on beaches and getting tan, I crank my A/C up high and read novels under a fleece blanket. I'd rather have a cup of warm cider with a cinnamon stick than a glass of lemonade any day.

Fall is a three month celebration of everything comforting in this world. It's the perfect time to wear fuzzy sweaters, scarves, and boots. There's a little bite in the air that nestles in your soul. There is something so magical about an autumn breeze that can change your attitude on even the worst of days.

Fall is the most aesthetically beautiful season. The leaves change colors and begin to fall to the ground, making boring highway drives more colorful. When the wind picks up, the sky looks as if it is bursting with a box of colorful crayons.

Even food is better in the fall. Normally, fall is associated with the pumpkin stigma. However, there's a reason the pumpkin trend has stayed for so long and it's because of the simple fact that it's darn delicious. Personally, I reject the stereotype that only basic girls drink Pumpkin Spice Lattes. They are the perfect indulgence, and I know you're not ordering them because you're too embarrassed. I see you watching me as I take that sweet first sip. Get your own!

Aside from pumpkin coffee, there are endless other pumpkin treats such as pumpkin cookies, pumpkin Pop Tarts, and

even pumpkin cream cheese. Is it a little weird that there are now pumpkin oreos? Yes. Have I tried them? Yes.

Got a guy in your class that you think is cute? Invite him pumpkin picking. There's nothing more romantic than spending a day together on a hayride.

Not a fan of the pumpkin taste? Fall is also a time for warm apples, brown sugar, cinnamon, and other strong, earthy spices.

Fall includes one of the best days of the year: Halloween.

Planning a Halloween costume is like the college girl's Superbowl. There are particular strategies to follow and detailed maps and game plans. There are endless options for theme costumes, funny costumes and couple costumes. Halloween is the only day of the year that you can pretend to be whoever you want and get free candy.

Once fall hits, life is a constant whirlwind of enjoyment. After Halloween comes Thanksgiving, and then it's only a short leap until Christmas. (And don't even get me started on how much I love Christmas).

Any season that gives me haunted houses, candy corn and apple cider donuts wins a medal in my book.

In my opinion, I think the entirety of autumn should be a national holiday of movie watching and s'mores making. And if it just so happens to come with a pumpkin spice latte here and there... I'm not complaining.

HE SAID

FILIPE...



Alright basic college girls out there, here we go. Fall is slowly coming upon us and you have all been planning for this since last year. Pumpkins, pumpkins everywhere, pumpkins everywhere. Even at our very own Einstein's Bagels, you have the opportunity to actually get a pumpkin bagel with pumpkin schmear on it... I can almost guarantee that someone will get that. Add some sort of pumpkin spice latte and you might as well have a sign on your body that says "Look out world, Basic on the move!"

Now before you start emailing our lovely editor-in-chief about how ridiculous I am sounding, hear me out. I love the Fall. It is a great season even though it leads to Winter, the angry middle child of all the seasons who no one really likes that much. Fall has a lot to offer us: Football season is in full swing by the time it really starts to feel like Fall. The foliage. Especially on the Merritt, where we can actually take time to appreciate it thanks to the standstill traffic. People have all their Fall fashion outfits picked out in all the appropriate Fall colors, etc. Trust me, "Netflix and Chill" is on the rise during the Fall (yes I actually used the phrase "Netflix and

Chill" and no, I am not proud of it) because the weather gets cool to that point where you can no longer watch Netflix alone.

And don't even get me started on my fourth favorite holiday: Halloween (1st: My birthday, 2nd: Christmas, 3rd: July Fourth). Halloween is one of those weird holidays that we celebrate where it is okay to dress like that one profession in a sexy way and not get yelled at or given odd looks. It is a strange tradition but all in all it is one of the best days, or in some cases weekends, of the year.

Now back to the pumpkins. There are only two forms of pumpkins I like: pumpkin pies and Jack o' Lanterns. All other forms of pumpkin, including pumpkin spice form, need to relax. For some reason, everything is creating a pumpkin spice flavor (M&M's, PopTarts, Jamba Juice, Pringles, etc.) and it doesn't make any sense.

America: grow up and stop feeding the basic white girl phase that we have. You can have a few things but stop trying to monopolize everything and drown it in pumpkin spice. I fear that eventually we are gonna have pumpkin spice flavored pillows in case we get hungry at night....



Perspectives

Navigating Freshman Year

Tips and tricks from two seasoned Sacred Heart students

BY MELANIE VOLLONO AND GIOVANNA GATTO

Perspectives Editor & Asst. Perspectives Editor

You have a meal plan. Use it.

Freshman year blesses you with the biggest meal plan offered at Sacred Heart. Take advantage of this. Your meal plan is designed to give you three well-balanced meals a day. As the years go on, the number of meals per day on your meal plan decreases. So, if you come across a struggling senior in the hallway, swipe them into 63's. Your meal plan is virtually unlimited, and you'll gain some upperclassmen advice, and maybe even a friend.

Hug your parents goodbye.

This is hard for them.

Whether you're the first or the fifth kid they're sending away to college, it never gets easier for them to part with their baby.

Your mom is going to tear up. Pretend you don't see, and promise you'll call her later.

Go Greek if you want-Don't let anyone stop you.

If sororities and fraternities were actually like the depictions in movies and television shows, they would have been disbanded a long time ago. You won't be forced to run around in your underwear or play pranks on your RSA. There is no hazing here. If you think the idea of working for a philanthropic organization or having a tight-knit group of brothers or sisters sounds enticing, check it out.

And if you want to rock out as a G.D.I. (God D--- Independent) that's fine too.

The Freshman 15. Yes, it's real.

Unfortunately, there comes a time in our lives when we have to admit that our bodies are not the same as they used to be. When you're drinking high-calorie sugary beverages every Thursday through Sunday, and snacking on Linda's french fries and 63's soft cookies, it's easy for the pounds to add up quickly.

Just remember that moderation is key. Linda's fries are amazing, but the salads are great too. And if you want to indulge in the amazing desserts, you can always get in a quick workout. The Pitt Center is just a walk up the hill.

Just because you're "Roomies" doesn't mean you're "Besties."

Going into freshman year, you might feel obligated to become best friends with your roommate. This is not something you have to do.

There is nothing wrong with just being friendly with your roommate or roommates. The only thing you have to do with your roommate is live in the same space. If that friendship spark never comes, just remember to be peaceful with each other.

Partying is fun, but you're here for a degree.

Freshman year is the first time that you are living parent-free. This opens a lot of opportunities but it also creates a lot of responsibilities.

It is okay to want to go out and have fun with your friends but leave room for balance.

You are in college to learn and establish your career life. Unless you plan on becoming a bartender, make sure your focus stays on your degree.

Everyone gets homesick. Even if no one's talking about it.

Freshman year is most likely the first time that you are away from home for an extended period of time.

Everyone is trying to immerse themselves in college and act super distant from their home to feel a stronger sense of independence.

Don't let this fool you. We all missed home. It's okay to want to call your mom, especially after a hard day. It's okay to want to go home for the weekend. And if you're



TRACY DEER-MIREK/SACRED HEART UNIVERSITY

FRESHMEN ENJOYING THE CONVOCATION

still not feeling comfortable, take a walk to the Wellness Center. There are so many people who are more than happy to talk to you about everything you are experiencing.

If you're interested in it, there's a club for it.

There are a multitude of clubs on campus and joining any that interests you will help you fulfill your passions. Not all of the clubs on campus are academic. You can get involved in theatre, golf, dance and much more. Just follow what you like to do and it will help you find more about what is important in your life.

Interested in something that we don't have? There's a form you can fill out to start a club yourself. Just stop by the Office of Student Activities upstairs in Hawley Lounge.

It's not a big deal if you don't know your major.

All your life you've probably been told to study hard and plan for college. High school teachers are notorious for yelling, "Things won't be like this in college." And they were right.

Things are so much different in college. You don't have to know your major as a freshman or a sophomore. I'm writing this as a senior and I'm still not sure what I want to do yet.

Even though it may sound boring, the common core curriculum is a great starting point to see what you like and what you don't. If you're snoozing in biology, but love your philosophy class, it might be time to rethink your science major.

Take naps.

College does very weird things to your sleep schedule.

You are going to find yourself staying up until odd hours of the morning and then getting up at even stranger times. It's totally normal to see someone studying for a test at 4 a.m. with coffee in hand.

By the end of finals week, you will have pulled an all-nighter.

Staying healthy and well-rested can be a challenge when you're busy with school, work, clubs and organizations and friends. Do not underestimate the power of naps.

Setting the fire alarm off is the quickest way to make enemies.

As a freshman, your meal plan is so big there isn't a point trying to cook in the Barbie dream house kitchens in your dorms.

You will set off the fire alarm. And people will know it was you.

Keep some snacks like granola bars or fruit snacks in your dorm for those late night cravings instead of trying to make mac and cheese at 3 a.m. I speak from experience.

A new SHU card costs \$25 that you don't have.

Soon enough you will realize that \$25 is a lot of money in the college world. You get your first SHU card for free, so make it worth it. Instead of carrying a lanyard, which is just one more thing you could misplace, keep it in your wallet or purse. That way, it's always with you.

Your mom won't remind you to do your laundry, but your roommates will when it starts to smell.

If you are hitting week three of the dirty clothes piles, then you are long overdue with your laundry.

It is not acceptable to go to Victoria's Secret to purchase new underwear because you have no clean pairs left.

Laundry isn't that hard to do and they even have tutorials online for those of you who are still lost.

If you're completely hopeless, there is a laundry service that does it all for you. Only use this as a last resort.

Don't wait until the last week of the semester to go to your colloquia.

Attending colloquias is something that everyone has to do. The schedule is always online and you get about six emails for each one.

Keep an eye out for something that peaks your interest and get a friend or roommate to attend with you.

College professors get a bad rep for not caring about their students. This isn't true.

Every professor offers office hours and they do help.

Professors love to see that you are trying and love helping students even more.

Even if you don't necessarily need help, office hours are a great way to get to know your professor, and establish a relationship.

The shuttle always shows up, just not always on time.

Freshmen aren't allowed cars on campus, and it's tough to rely on the SHuttle to take you everywhere.

You are going to learn very quickly that when you need the shuttle the most, it will be full.

Plan ahead if you are trying to get somewhere important.

Everyone was a freshman once. Embrace your status.

It is easy to feel diminished because you are an underclassman. But the truth is, everyone has been in your position.

Some of your best memories will come from your awkward freshman moments.

Do not let your freshman status hold you back from loving every second of your new college life.

Editorials



Introducing:

THE SPECTRUM EDITORIAL BOARD 2015-2016



EDITOR IN CHIEF
EMILY ARCHACKI



ASSISTANT NEWS EDITOR
CHRISTIAN COLON



FEATURES EDITOR
NICOLE CANNIZZARO



MANAGING EDITOR
MELANIE HOLEC



SPORTS EDITOR
SHAWN SAILER



ASSISTANT FEATURES EDITOR
MARINNA DESANTIS



COPY EDITOR
JESSICA CHALOUX



ASSISTANT SPORTS EDITOR
ANTHONY SANTINO



GRAPHIC DESIGN EDITOR
JULIANNA DIDONATO



COPY EDITOR
BILLY SANCHEZ



ASSISTANT SPORTS EDITOR
TAMARIC WILSON



GRAPHIC DESIGN EDITOR
GINA BATTAGLIA



PHOTO EDITOR
FILIPE LOBATO



A & E EDITOR
NATALIE CIOFFARI



ADVERTISING MANAGER
BRIDGET HUGHES



ASSISTANT PHOTO EDITOR
ALEXA BRISSON



ASSISTANT A & E EDITOR
WEB MANAGER
HALEY TANELLA



PUBLIC RELATIONS MANAGER
JENNA BILLINGS



NEWS EDITOR
GABBY NUTILE



PERSPECTIVES EDITOR
MELANIE VOLLONO



CIRCULATION MANAGERS
PATRICK DEVIR & JIM KENT

ASSISTANT WEB MANAGER
KYRA DERSARKISSIAN



NEWS EDITOR
ALLY D'AMICO



ASSISTANT PERSPECTIVES EDITOR
GIOVANNA GATTO



FACULTY ADVISOR
JOANNE KABAK

WANT TO ADVERTISE IN THE SPECTRUM?

Email us at Spectrum-Advertising@sacredheart.edu
or call us at 203.371.7966

Discounts available for Sacred Heart University departments and for those who place an advertisement in several issues

Features

Get to Know Your Greeks *Information on the Upcoming Recruitment*

BY MARINNA DESANTIS
Asst. Features Editor

It's that time of year again; where sororities and fraternities host rush weekend to select their newest members. It's an exciting time for not only new members, but for old ones who can't wait to expand their family line.

Sacred Heart University is hosting their annual sorority recruitment this weekend, Sept. 18 - 20. The weekend starts by visiting each sorority on Friday night with a preview of what each organization is about including their philanthropy and yearly events. This is a way for the chapters of Greek life to get acquainted with their new prospects.

Gabriella Rosen, senior member of Zeta Tau Alpha, said, "for freshman it's a good way to get out there and makes friends. It makes it easier to adjust to the school, and help out with community service."

After both the prospective members and current members pick their best matches, they meet again on

Saturday to do different bonding activities. This gives new members time to have more personal time to get to know the different members of the organizations.

"I have definitely gotten more involved each year and my relationship with my sisters has grown every year. Freshman year I helped plan formal, I joined our executive board my sophomore year, and have been on it ever since. I was vice president of community service and now I am president," said senior member of Kappa Delta, Katie Gennusa.

On Sunday night, hundreds of students will pack into the University Commons to find out if they received a bid from a sorority. The old members are just as excited as the new ones to meet their new sisters.

"Everyone has a family line and that becomes like your 'family away from home' and they're the people that end up being there for you and supporting you," said senior Rosen.

Recruitment weekend for fraternities runs a little differently.

"We have around the world which is like every

fraternity sets up in a classroom and groups of kids come in and listen to what we have to say," said senior Kevin Her. "From there each fraternity has two recruitment events that they promote, where they come to meet the brothers from there."

With six fraternities and seven sororities on campus, there's a huge selection of organizations to choose from. Each of which has their own personality and philanthropy.

"Joining Greek life here at Sacred Heart has been a grateful and exciting experience. Being involved on campus was something I wanted to do other than just being an athlete and student. The idea of being a helpful hand in the community is one thing that drew me closer to Greek life," said senior Moses Webb. "I encourage all those who are looking to get involved on campus to really consider Greek life for the brotherhood/sisterhood because it is indeed life changing."

"Each year sororities and fraternities have grown which is awesome for the Greek life community here at SHU," said Gennusa.

ΠΚΦ

ΔΤΑ

ΚΔ

ΑΔΠ

ΦΣΣ

Ω
Φ
Κ

ΔΖ

ΔΤ

ΚΣ

ΧΩ

ΘΦΑ

ΙΦΘ

ΖΤΑ

Features

College Student Keeps Her Life in Balance with Yoga

BY **NICOLE CANNIZZARO**
Features Editor

Yoga: A Hindu spiritual and ascetic discipline that combines breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

Kaitlyn Kreitzman, a senior at Sacred Heart, likes to think that yoga is much more than just that definition and has made yoga an irreplaceable aspect of her life.

"Yoga transforms your life in so many ways," said Kreitzman.

Although she only started yoga a few years ago, it has changed her body and her mindset dramatically, leading her to become a certified teacher and an avid promoter of all of the many positive effects that yoga brings to people.

For all of those individuals who are nervous to try yoga because of their lack of flexibility and quiet mind, Kaitlyn states that no one shy away.

"When I first started I didn't love it, I found it so hard to quiet my mind and stay in postures. I was such a runner and needed more of a fast paced workout, but I kept going back because it gave me such an inner peace that no workout ever did. It also toned my body better than when I ran. It's a physical and mental practice so it's not just a work out, it's a work in," said Kreitzman.

Yoga clearly increases flexibility, cardiovascular health and tones your muscles and posture but it has also been proven to help people with depression, sleep problems, asthma, back pains, stress,

arthritis, PTSD, and can even boost your memory.

College students tend to have trouble focusing or finding time to simply relax their minds with all of life's transitions and stressors. Yoga isn't only a workout, but it can be a time of relaxation and escape. You can create new friendships through yoga and form a relationship with yourself that you didn't think was possible.

Kaitlyn says that when you first start anything, you shouldn't expect to be a professional right away.

"The only thing that matters is what you can do within the four corners of your mat today being completely open minded. Yoga is a practice, so you get better at the asana (poses) over time," Kreitzman explains.

She believes that yoga can fit into any fast paced, college lifestyle. Kreitzman says that there are specific poses that can help you relieve certain stress and there are even some that actually help you cure your hangover.

"Yoga and meditation have brought me such inner peace," said Kreitzman.

You can follow Kaitlyn on Instagram (@yogakait).

"[Yoga] has taught me so much about myself and although I am now a teacher, I will never stop being a student," said Kreitzman.

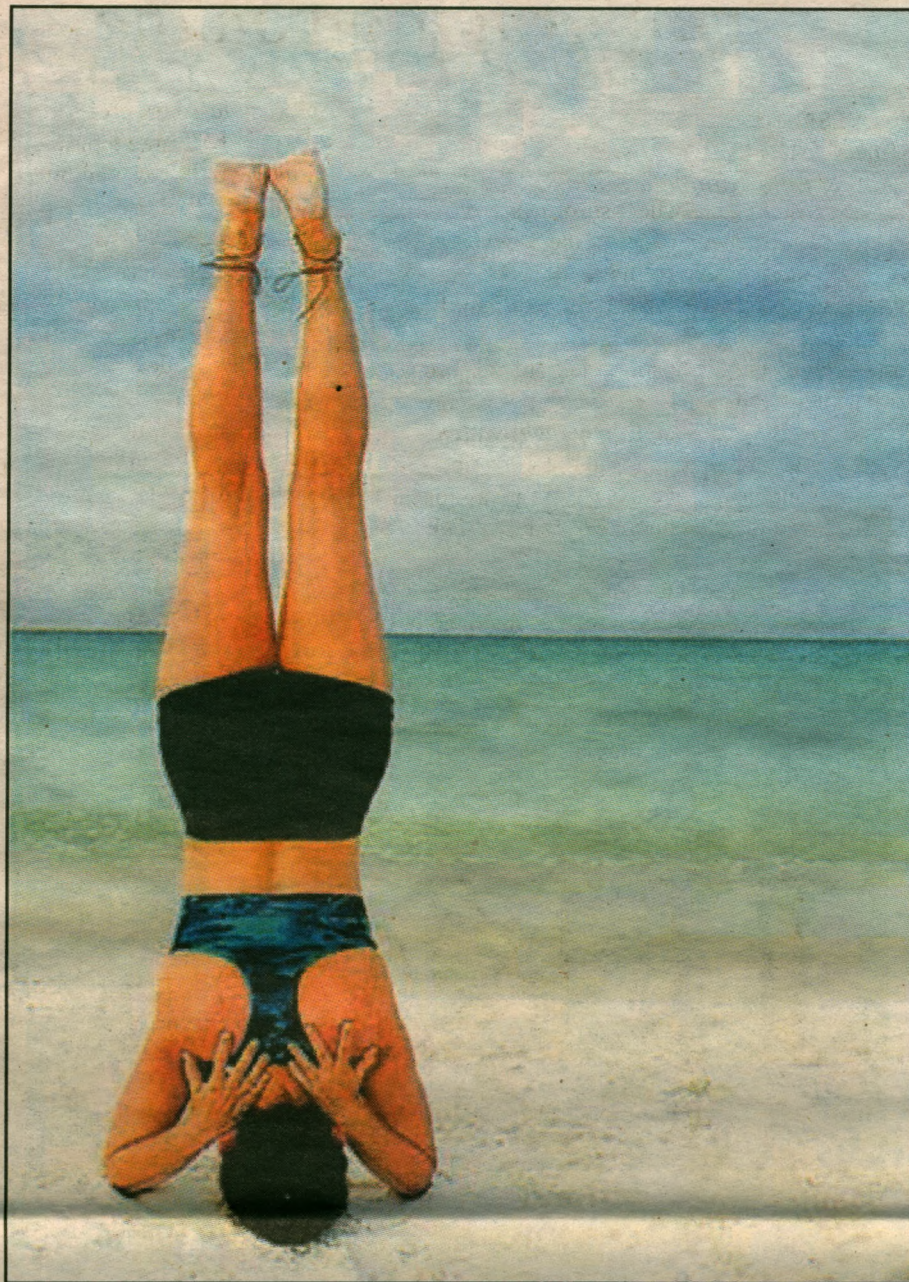


PHOTO COURTESY OF KAITLYN KREITZMAN'S INSTAGRAM

Where in the World is the Spectrum Office?



THE

SPECTRUM

THE SPECTRUM OFFICE HAS MOVED.

OUR PREVIOUS OFFICE WAS LOCATED IN THE HUMANITIES CENTER FIRST FLOOR HALLWAY NEXT TO THE AUDIO VISUAL DEPARTMENT.

OUR NEW HOME IS NOW IN THE FRANK AND MARISA MARTIRE BUSINESS AND COMMUNICATIONS BUILDING. WE ARE LOCATED ON THE SECOND FLOOR JUST WITHIN THE COMMUNICATIONS AND MEDIA STUDIES SUITE.

Arts & Entertainment

Presidential Gala

A Look at Friday's Event, and the Fashion Within

BY HALEY TANELLA

Asst. Arts & Entertainment Editor

On Friday Sept. 11, President Petillo hosted his fifth annual Presidential Gala.

"I love the gala because it's one of the first times during the year that people from every class get to be together and have a fun and safe night out," said senior Aidan Shine.

The event was held on the lawn outside of the William H. Pitt Center and hosted students from all classes, who arrived in their best party attire.

"It's great to see the student body come together for a night of fun," said junior Chris Coyne.

The night featured dancing, popular music, late night munchies, and even a bar for those of legal drinking age.

President Petillo first brought the gala to Sacred Heart 5 years ago, after he was appointed to a full-time position as president of the university. Students are able to take advantage of a free night of enjoyable entertainment to kick off the start of the semester.

"I loved the gala because it's one of the only places where you can get to hang out with a ton of SHU students at the same time and have a lot of fun for free," said junior

Nick Patino.

"You get to shake President Petillo's hand, you dance with all of your friends and you look good doing it," said junior Addison Chau.

Students were welcomed by a handshake from President Petillo at the start of the night.

Each student had the opportunity to take a picture with the President and members of his "Bowtie Brigade" were featured on the @shuprez Instagram page. Here is a look at some of the popular styles featured at this year's gala celebration.



HALEY TANELLA/THE SPECTRUM
SENIOR MARY NEALON



HALEY TANELLA/THE SPECTRUM
JUNIOR ADDISON CHAU



HALEY TANELLA/THE SPECTRUM
JUNIOR OLIVIA TRAINA

Continued interview with Cheryl Strayed...

Q: Your journey on the Pacific Crest Trail was one of self-discovery. What did you learn most about yourself throughout the entire journey?

A: It's always hard to say the most, there are so many different things I learned. I learned that if I kept faith in the small things the big things would fall into place. That if I could really focus on things like taking another step even though it hurt. Or doing my best everyday, even when it comes to things like my grief. Just living my life with happiness and joy and welcoming beauty in even though I also carry the burden of this sorrow. I could carry that weight. In so many ways "Wild" is about this metaphorical "how do we bear the unbearable?" I found the answer to that, which is that we bear it.

Q: You just finished addressing members of the freshman class. Could you compare your apprehension and nervousness about beginning your journey on the PCT to students beginning their college journeys?

A: When we set out on journeys we have this idea of what we are going to do, and what the experience is going to be like and it hardly ever is. There are often struggles, often times when we are uncomfortable. I remember being a freshman and feeling lost those first couple months because you're suddenly cast into this group of strangers. You are trying to act like you're not afraid even though you are. In some way on the PCT I had to do that too. That phrase, "You have to take the bull by the horns." You just have to do it, and that's how you learn how to do it. Whenever people say to me like, "You didn't really know much about backpacking." I'm like, well yeah, the thing is nobody knew anything about backpacking until they went backpacking. The deal is nobody knows what college is like until you go to college. You just dive in and do it, and you learn along the way.

Q: "Wild" was adapted into a motion picture released last December. What was the process like of watching your memoir turned into a film?



A: The most surreal experience of my life. It's very strange to have an actress pretending to be you, and reenacting scenes from your life, and other actresses pretending to be your mother and your brother. It never stopped being really weird. Especially the scenes where it was really straight from the book, and really was like how it was originally. It was also very moving. My daughter played me; the young Cheryl in the movie is my daughter Bobbi, who is named after my mother. It was very moving, very emotional. My kids never met her grandmother. In some bizarre way they got to meet her in the form of Laura Dern pretending to be her. It was very sweet and emotional. It allowed me to see parts of my childhood in

a new light because my daughter was reenacting things that were really painful in my life. Even though in the movie there are quick scenes of this, when you're standing there on the set they're full blown scenes of like the father holding his fist up to her face and saying these horrible things to her. Or her with her mother and her mother's been beaten up. In the movie this was makeup and acting, in real life it was real life. For me to watch my daughter reenact things that were devastating to me as a child it was hard and also healing.

Q: The only book you carried with you the entire three months was "The Dream of a Common Language" by Adrienne Rich. Why did you choose to hold onto that text?

A: It was important to me because the words make me feel consoled and understood and recognized. I knew that they were powerful and I needed to have a talisman of power with me.

Q: You have a new book scheduled for release on Oct. 27 titled "Brave Enough." Can you talk a little bit about this latest project?

A: "Brave Enough" is a collection of quotes from my other books. It was basically born out of the fans of "Wild," "Tiny Beautiful Things," and my talks. I started noticing and my publisher started noticing that all over Pinterest, if you Google "Cheryl Strayed quotes" thousands of people have made quote posters and graphics. People also get tattoos of like "how wild it was to let it be." We got this idea that it would be fun to actually collect these quotes into one volume. I put them together as "Brave Enough" and include an introduction about the power of quotes in my life.

OFFICE 203.371.7963
ADVERTISING 203.371.7963

Comments or Concerns? EMAIL us at
SPECTRUM@SACREDHEART.EDU

Visit Us At:
www.shuspectrum.com



SHUSpectrum
Newspaper



@SHUSpectrum

Arts & Entertainment

Blogger of the Week: President Petillo

BY NATALIE CIOFFARI
Arts & Entertainment Editor

Even before he named was president, Sacred Heart University President Dr. John J. Petillo was writing blogs, put out to the university bi-weekly. Now, as he serves his 5th year, he is expanding his writing to the "big screen."

Since late May of the Spring 2015 semester, President Petillo has been creating three-to-four minute video blogs for the university to see, as well as read.

It's a transition from written words to video, but all the content within is similar. Only this time, Petillo gets to use the new state-of-the-art television studio, featured in the Frank and Marisa Martire Business & Communications Center.

His first video blog of the Fall 2015 semester features talk about the freshmen class, their move in, the new student convocation, the presidential gala, and Massapalooza.

Petillo says the construction of the campus' new building was an inspiration to produce these monthly video blogs. The flexibility of the studio also attracted Petillo, with the option to not only do anchoring, but sit down interviews in different types of settings.

The video blog will feature a newsroom-like appearance. "We have this brand new facility, and I think the new studio is great," said Petillo. "The control room is

PHOTO COURTESY OF SACRED HEART WEBSITE

Dr. Petillo's Blog

HOME ARCHIVES PROFILE SUBSCRIBE



fascinating, and I would love to see how it is used."

Petillo also wants to ensure a more personal feel with the video blogs. He loves to talk about the one thing that is most important to the university, and that's its students.

Not only do the written and video blogs give people information about what is going on throughout the university, but they also highlight student and faculty accomplishments and involvement.

"Whether it's the athletics, the performing arts, or Greek Life, or community service – I'm enthused about talking about them and what they do," said Petillo.

With this video blog, Petillo hopes to get the attention

of everyone interested in the university, especially prospective students and parents.

Not only is Dr. Petillo trying to be more personable using the television studio, he is extremely active on social media. His Instagram account @shuprez has roughly 800 followers, and Twitter account also @shuprez has around 2,300 followers.

"When students write to me on social media, I respond to them," said Petillo with a chuckle. "It's a great way for me to know what is on the student's mind."

Keep an eye out for the latest edition of President Petillo's upcoming video blog on the Sacred Heart University website, <http://www.sacredheart.edu>.

Inside Look at the Upcoming Theatre Arts Program Performance of "Time Stands Still"

BY HALEY TANELLA
Asst. Arts & Entertainment Editor

Sacred Heart University's Theatre Arts Program, otherwise known as TAP, has started rehearsals for their first show of the school year.

The fall semester of TAP shows will begin with the play "Time Stands Still."

The play was written by Pulitzer Prize-winner Donald Margulies, and made its first premiere in Los Angeles in February 2009.

The story follows a young photojournalist, Sarah, who has recently returned home to Brooklyn, N.Y. after her term in Iraq. Sarah is welcomed home by her boyfriend, James, and is forced to face some of life's most difficult challenges.

Students in the play are excited to start off the season with a show that will further promote the growing talent of the TAP Program.

"Our director Leo Carusone has put in a tremendous amount of effort to make us better actors and actresses," said sophomore Zach Lane. "This show is a good representation of the strength of the TAP performers."

The cast and crew have only been given a short amount of time to memorize their lines, work with lighting and sound, and put the play into action.

"I can't believe we open in such a short amount of time," said junior Emily Creighton. "Everyone has a great amount of lines to learn and memorize, so that has been our greatest challenge so far."

But despite these challenges, the cast has been working harder than ever.

Students are already taking notice on the upcoming theatre arts performance, and word is spreading quickly about the program's shows for the year.

"I'm so excited to see the show," said senior April Jauregui, "the SHU Theatre Arts Program productions are always so much fun to see and I've heard really great things about 'Time Stands Still' already!"

Members of the cast believe that the high intensity and dynamic of the show will draw both regular audiences, and those not typically interested in shows.

The plot focuses on the emotional difficulties of returning home and rebuilding relationships that were previously put on hold.

"The sheer emotion of this show is what makes it a true winner," said Lane. "The audience will really get sucked into the story and go on an emotional journey with each of the characters."

The cast and crew have been spending a large majority of their days in rehearsals, in hopes that the Sacred Heart community will come to see all of their hard work pay off.

"This show has so many great aspects, it's by far one of my favorites," said Creighton. "Without a doubt, the audience will be moved emotionally."

The show's performances will begin on Thursday Sept. 24 at 8 p.m. and will include a two weekend-long run.

Tickets are currently on sale at the Edgerton Center box office, or one hour prior to all performance show times. Tickets are available to Sacred Heart students for \$5.

For more information on shows being performed throughout the 2015-2016 season, visit www.edgertoncenter.com



PHOTO COURTESY OF TAP FACEBOOK PAGE

OFFICE 203.371.7963
ADVERTISING 203.371.7963

Comments or Concerns? EMAIL us at
SPECTRUM@SACREDHEART.EDU

Visit Us At:
www.shuspectrum.com



SHUSpectrum
Newspaper



@SHUSpectrum

Sports

Spectrum Exclusive:

Interview with Former ESPN President George Bodenheimer



AP PHOTO

FORMER ESPN PRESIDENT GEORGE BODENHEIMER

BY EMILY ARCHACKI
Editor-in-Chief

Q: What was the experience like of writing your book, "Every Town is a Sports Town: Business Leadership from the Mailroom to the Boardroom?"

A: It was a new experience. It was a lot of work. I could not have accomplished it without my co-author Don Phillips who is a pro, a wonderful guy, I can't say enough about him. He's written 20 books. I spent 33 years at ESPN and I really enjoyed going back through and refreshing my

memory on some of the history.

Q: Why did you decide to share your personal story at the company?

A: I'm very proud of ESPN, I love the company. I want to tell a story that ESPN people are proud of and really tell the story of the roots of the company's success. Which I really believe is in the culture that was developed at ESPN. That's what I believe is the strategic advantage of the company, the culture that is there. I tried to nurture it during my years as president, so I wanted to get that story out about how the roots of the culture came to be. I wanted to highlight some of the pivotal events in the company.

Q: In addition to your career with ESPN you are involved with philanthropy work with The V Foundation. What is your role within the organization?

A: I'm the Chairman of the Fundraising Campaign for The V Foundation for Cancer Research. It's a seven-year campaign; we're currently in our second year. I'm on the board and we're making a lot of progress. We've raised over 150 million dollars since 1993 when we started. We're raising the bar and trying to increase by more than triple the amount we donate to research each year. I am also donating all of my proceeds from the sales of the book to cancer research. In the publicity for the book I'm hoping to get the word out about The V Foundation.

Q: You began at ESPN as a driver in the mailroom. Is there anything you learned from holding that position that you carried with you during your time as President?

A: Yes, being on time and knowing where you're going. I already knew this before I became an ESPN driver. I learned this from my parents. I believe in respecting everybody. Treating everyone with respect, regardless of what his or her current position may be. Certainly as a driver those are some of the skills and characteristics that help you do the job.

Q: You then rose through the ranks of ESPN and during your tenure as President, ESPN really became a "worldwide leader in sports." What do you attribute to both the company's success and your own professional success?

A: As far as the company's success, there's a big benefit in making sure every employee knows what the mission of

the company is: to serve sports fans. That's what we come to work to do everyday. I really hope and think that guided us into a mobile business and launching high-definition when we did. 3-D, which didn't necessarily work but I'm still proud that we did that, and all the different business extensions, it's because we are following our mission. We're also focused on setting annual priorities and communicating them to the employees. So I think focus on priorities and focus on your mission are really what drives the company along with a great culture. As far as my own personal success, I was just fortunate to be with a great company, with great people and I was able to grow with it.

Q: What do you believe are the three most valuable characteristics for being a leader?

A: Accountability, you've got to hold people accountable for things they are responsible for. You've got to walk the walk. You have to be prepared to do everything you would ask your own employees to do, in terms of working hard and putting in the hours of the work. I guess number three, I would take my own advice that I give to students and be a student of the business. You've got to be a student of the business; you've got to continue to learn. The media business is very complicated and it's evolving. As a CEO you need to continue to stay sharp on trends and what's going on in the business.

Q: What is the most valuable business tool or skill you learned throughout your career so far?

A: I would say treating other people with respect because everything is a people business. Your ability to get along with people is critical and it starts with respecting others. I just think that's really important.

Q: Do you have any advice for college students who want to pursue careers in either the business or media industry?

A: I would encourage them; it's a great business. The business continues to grow. There's always going to be new ways of serving customers and fans because of the way technology is changing. If you're persistent and are bringing something to the table I think you'll get into the business. Get your foot in the door and you can grow.

New Faces For Sacred Heart Football Program

Transfer students share their new Pioneer Pride

BY ANTHONY SANTINO
Co-Asst. Sports Editor

With the new school year upon us, so is another season of Sacred Heart Pioneer football.

If you follow Pioneer Athletics, you know how much the football program means—and adds—to the reputation of the university's athletic standard. The Campus Field stands are packed at every home game and players are familiar faces to many fellow students.

Last season, the Pioneers were the conference's pre-season poll favorite, and they went on to win the NEC title for a second year in a row. This was a team that had numerous all-conference selections, as well as four players who took part in NFL camps following the season. One of those players, Gordon Hill, actually made it to the NFL preseason as a member of the San Diego Chargers and saw playing time.

Evidently, Sacred Heart's program has a winning formula, and part of that includes recruiting new talent every year to fill in graduated players, or simply to enhance the squad.

This year, Head Coach Mark Nofri and his staff brought in three transfer students and two coaches to join the team. Fifth year seniors Chris Hutton, Phil Paulhill, and junior Khaamal Whitaker, are the playing additions, while Mike Livingston and Patrick Saporito are the new assistant coaches.

"I like it a lot here. It's very welcoming," said Hutton, a safety from Temple.

"I was looking to go to another school last year, and then



SACRED HEART UNIVERSITY ATHLETIC COMMUNICATIONS

lost communication with them," Hutton said. "But I stayed in contact with Sacred Heart, and it worked out."

Surely, each of the new players want to build on the success of the past two seasons with another championship. As far as other goals, Hutton said, "I want to have a winning season, and I want us to put out the best defense in the country."

Like Chris Hutton, Phil Paulhill has taken a liking to life as a Pioneer.

"I love Sacred Heart. It's a great atmosphere, the program has a winning tradition—it's really like a family," said Paulhill.

Formerly a player for Old Dominion, Paulhill didn't play a lot towards the end of his time there, so he decided to make the move.

On why he chose to come to Sacred Heart, Paulhill said, "I went to high school with Gordon Hill, so that's

how I had Sacred Heart on my radar. I was also a safety, but wanted to play corner, and Sacred Heart gave me that opportunity."

Khaamal Whitaker also came to Sacred Heart with opportunity in mind. A corner from Dean College, the junior is happy to be playing for a Pioneer system that suits his game.

"I like that we line up six inches from the receiver on every play," said Whitaker. "I'm more of a man-to-man type of player, so Sacred Heart is a good fit for me in that respect."

The transfer students bring with them a good amount of playing experience, as do Livingston and Saporito on the coaching front.

Saporito played wide receiver at Western New Mexico University, and he has coached at numerous colleges before his arrival at Sacred Heart.

Prior to working at Sacred Heart, Coach Livingston was an assistant at both the University of Connecticut and Boston College, having been on the sidelines in a number of bowl games.

With the intelligent coaching minds of Livingston and Saporito, and the seasoned play of Hutton, Paulhill and Whitaker, it seems that Sacred Heart football is still on the rise. The staff knows about winning and believes these new faces are in the same class.

Sports

Women's Rugby Begins D-I Campaign



SACRED HEART UNIVERSITY ATHLETICS

WOMEN'S RUGBY ENJOYED A GOOD START TO THEIR CAMPAIGN AGAINST MOLLOY

BY SHAWN SAILER
Sports Editor

In November of last year, it was announced that women's rugby at Sacred Heart would be elevated from a club sport to a Division I varsity sport. They became the 32nd Division I sport available to Pioneers.

The players are excited about the step up to the Division I level. And it's not just about their team. "It is important for women's rugby growing as a whole. It is exciting to be a part of that," said senior outside center Charlotte Tallman.

The transition is big for the rugby team, for the athletic department and for Sacred Heart University.

"It shows growth for Sacred Heart as a whole. Girls may want to come here when they see rugby as a Division I sport," said sophomore inside Kaitlyn McNicholas.

It's more than just being a Division I sport. It is the varsity status that is important to Head Coach Michelle Reed.

"Varsity status is what provides the program with more support and resources from the university. The team is supported the same as every other varsity team on campus, meaning we have access to the athletic trainers, academic support, facilities, locker rooms, and more" said Reed.

The team opened up its inaugural season on Sept. 5 with a 52-35 victory over Molloy College.

"To play the first game away and win as a varsity program was very rewarding. The team put a lot into preseason and it was nice to see the payoff," said Reed.

Molloy got on the board first with two tries and Sacred Heart tied it up with back-to-back tries of their own. Tallman scored the second of the two tries for the Pioneers on a breakaway.

Molloy scored two more tries before the half and Sacred Heart picked up one. At halftime, Molloy held a 28-19 lead.

A 40-yard run by Sacred Heart senior Colleen Semenick and a good conversion kick from sophomore Lauryn Kostopoulos cut the Molloy lead to 28-26.

Another try by Semenick and a conversion gave Sacred Heart their first lead of the game, 33-28.

Reed felt as though the key to the second half was communication.

"The major adjustment in the second half that helped us get the win was communication," said Reed. "The team began to communicate with each other in the second half creating a more fluid game."

Tallman added another six points for the Pioneers with a 35-yard run for the try. Molloy followed up with its first try of the half.

Sacred Heart would cap the scoring with two more tries to come away with the victory.

It was very exciting for the team to play the game and even more exciting to get the win. "When the referee blew the whistle I was so happy," said McNicholas. "To step out on the pitch again was great. To come out with the win was a reward."

It was a great start for the Pioneers but there is more work to be done.

"We have much to improve on in the next few months but our main focus will be fundamentals and fitness," said Reed. "Playing with all-out effort to exhaustion while being able to execute the fundamentals will win us games."

As with anything new, there will be adjustments that have to be made and things that may work but can be done more effectively if done a different way.

"As we continue through our season, I expect the team to continue to grow and improve every week," said Reed. "The fundamentals will become second nature and then we can concentrate a majority of the time on rugby game strategy and tactics."

The work needed to be put in does not mean the rest of the season will not be enjoyable for the team. They will experience many things that they have not experienced before.

"I am looking forward to playing more challenging teams that we have never played before. I'm looking forward to our team working our way up," said Tallman.

Sacred Heart hosts American International College on Saturday, Sept. 19 at 12:00 p.m.

Mayweather Dominates Battle To Remain Unbeaten In 49 Fights

BY ASSOCIATED PRESS

LAS VEGAS (AP) — His career winding down to its final seconds, Floyd Mayweather Jr. took a victory lap around the ring, his fist raised in triumph.

After 19 years of perfection in the ring, he deserved one final bow.

Mayweather capped a remarkable career with a typical Mayweather fight Saturday night, using his defensive wizardry to frustrate Andre Berto on his way to a decision so lopsided one judge gave him every round.

The \$32 million he earned was pocket change compared to what he got for Manny Pacquiao in his last fight. But the more important number was win No. 49 in the final fight of his unblemished career, tying the mark of the late heavyweight champion, Rocky Marciano.

"You gotta know when to go. I've had a great career," Mayweather said. "I'm leaving with all my faculties. I feel like I'm smart and sharp."

Mayweather wasn't about to change what he does best in his last fight.

Both dominant and defensive, he used all the tricks learned in a pro career that began in 1996 to take a unanimous decision over Berto and retain his welterweight titles in what he insists was his final fight.

Mayweather won yet again in a fight where he was chased but never really tested. He piled up points with a sharp jab and quick counter punches, leaving Berto swinging at air most of the night.

"What can I say, I was the better man tonight," Mayweather said.

By the late rounds, Mayweather was both talking to Berto (30-4) and taunting him, secure in the knowledge he was winning big against the 18-1 underdog. In the final seconds of the fight he took a victory lap, as the crowd of 13,395 stood and cheered at the MGM Grand arena.

The ringside scorecards reflected Mayweather's dominance, with one judge scoring a 120-108 shutout. The other scores were 118-110 and 117-111, while The Associated Press had Mayweather winning 119-109.

Mayweather added to his pay-per-view riches once again, and once again he didn't seem to have to work too hard to make it. Berto, who had lost three of his last six fights, tried to make it a fight but his punches were wide and mostly missed their marks.

"I pushed him to the limit," Berto said. "But he was just better."

Mayweather did what he's done best in his long career, fighting defensively and picking his shots against Berto. He was especially effective when Berto rushed at him, using his counter punching skills to keep Berto away.

It was a winning combination once again, just as it had been in his 48 previous fights.

Mayweather had vowed to give fans an action fight in his last bout, after being criticized for fighting defensively in his win over Manny Pacquiao. He did trade punches with Berto on several occasions, but never stayed in the pocket long enough for Berto to find his mark.

Mayweather complained to his father in the corner during the fight that he hurt his hand, but said since he is retiring it didn't matter.

Ringside punch stats showed Mayweather's defensive wizardry. Mayweather was credited with landing 232 of 410 punches, while Berto landed only 83 of 495.

"I was in great shape but it was difficult to fight him," Berto said. "He was really, really slippery."

Mayweather weighed in at 146 pounds, a pound more than Berto.

Mayweather, in his 26th title fight, controlled the action all night, now allowing Berto to land more than one punch at a time. He was never able to hurt Berto, though, and passed up chances to engage him in exchanges.

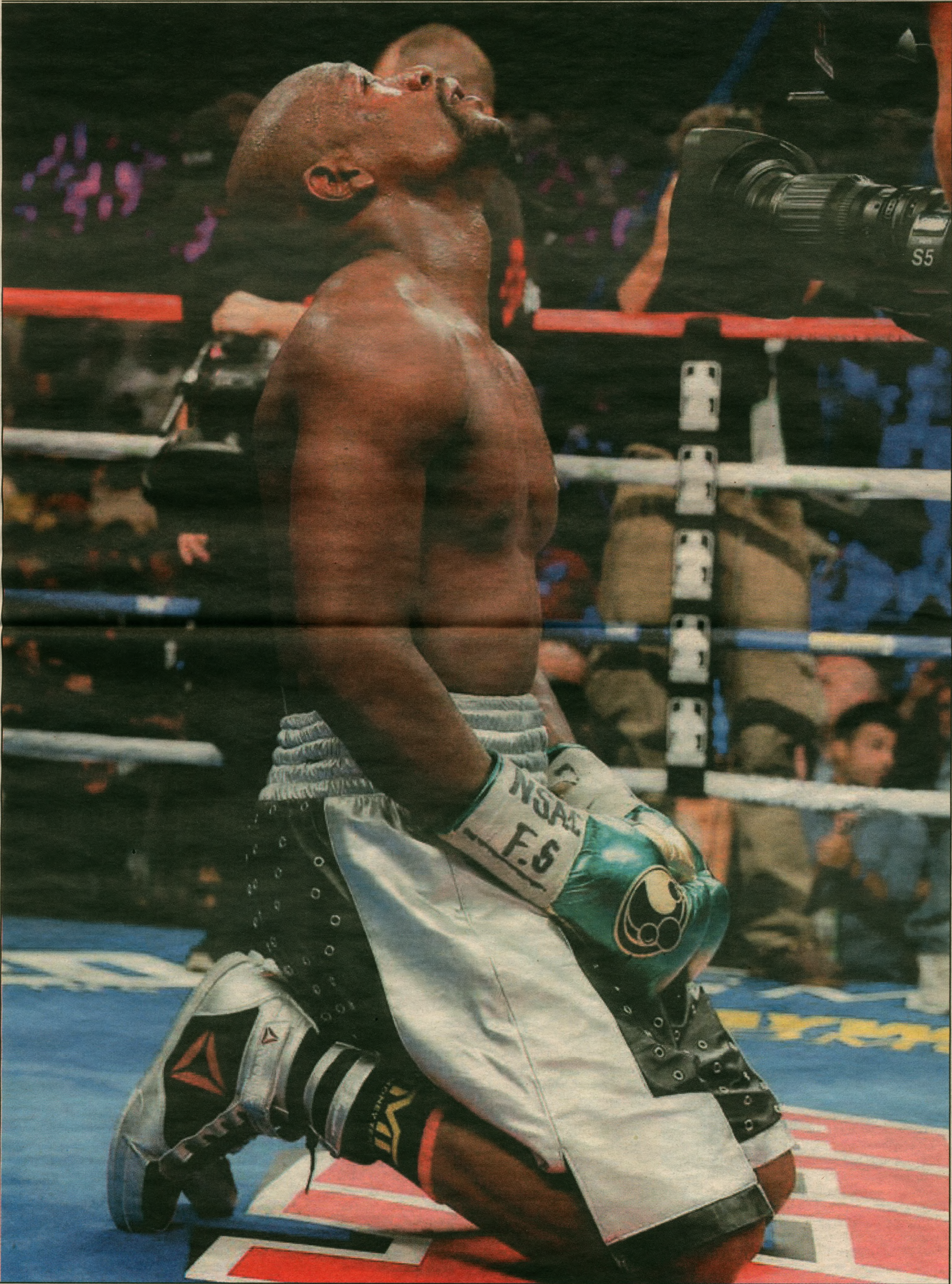
Berto was surprisingly passive early, doing little in the opening rounds but throw punches that hit nothing but air. He picked up the pace beginning in the fourth round, but Mayweather had little trouble ducking and moving away from his wild punches.

By the 10th round were talking so much trash that referee Kenny Bayless called a halt to the action and told both fighters they needed to shut up.

If Mayweather retires it will end a career that saw him become a pay-per-view star and earn more money than any boxer before him. Though most in boxing believe he will some day fight again, the 38-year-old said he had plenty of money and his health is more important than chasing records.

"I've accomplished everything," Mayweather said. "I've done everything in my sport."

Sports



FLOYD MAYWEATHER JR. KNEELS AT THE END OF HIS WELTERWEIGHT TITLE FIGHT AGAINST ANDRE BERTO ON SATURDAY, SEPT. 12, 2015

AP PHOTO